Wheels Camp Guide

Rider Readiness

We want all riders to have a fun and safe week at camp. Instructors will evaluate all riders on the first day of camp to ensure trails and routes are appropriate for all riders in the camp. To safely participate in Wheels camps, riders must be able to complete the skills listed below, based on their age. Riders who do not have these skills on the first day of camp will be placed in a different camp or issued a refund. If you have concerns about your camper's readiness, feel free to reach out to Coach Sam Acar (insert email) or Megan Steely. We are happy to help you find the best bike camp for your child, even if it is not at Thaden School.

Grades 1 and 2

- Pedal independently on a two-wheeled bike without training wheels
- Start and stop safely without assistance
- Use hand brakes to slow down and stop (not just dragging feet)
- Ride for 15-20 minutes up to 3 miles per day
- Ride in a straight line
- Dismount safely when instructed
- Ride over grass, small gravel, and small bumps
- Ride up and down paved hills
- Follow instructions and use basic trail etiquette to participate in group rides

Grades 3 and 4

- Pedal confidently on pavement, gravel, and grass
- Use front and rear hand brakes effectively
- Stand up on the pedals and coast without pedaling
- Shift gears if their bike is equipped
- Ride for 30-45 minutes without stopping and up to 5 miles per day
- Navigate turns, small roots, and uneven terrain
- Stop quickly when asked
- Follow instructions and use basic trail etiquette to participate in group rides

Grades 5 and 6

- Pedal independently on a two-wheeled bike without training wheels
- Start and stop safely without assistance
- Use hand brakes to slow down and stop
- Ride for 45 minutes up to 5 miles per day
- Ride in a straight line
- Dismount safely when instructed
- Ride over grass, gentle gravel and small bumps
- Ride up and down paved hills
- Follow instructions and use basic trail etiquette to participate in group rides

If you have concerns about your camper's readiness, feel free to reach out to Coach Sam Acar (insert email) or Megan Steely

What to Bring

- Small well-fitted backpack. Campers will be expected to carry all of their own gear while riding their bike

- Bike style (soft-sided) water bottle or hydration pack filled (metal bottles are not recommended)
- High protein, high carb picnic lunch
- Extra high protein, high carb, nut-free snacks. Thaden will provide 2 snacks for campers, but we find that a few extra trailside snacks help keep morale high. Individually packaged snack bars, gummies, fruit leather, and granola bites are a great option.
- Sunscreen (apply before arrival)
- Extra set of clothes (you never know when a ride will get messy)
- Mountain bike gear
- Bike helmet
- Bike (see bike requirements below)
- Oz Adventure Adventure Camp - Please bring the following items in addition to the list above
    - Swimsuit
    - Extra watershoes (Crocs and sandals allowed)
    - Small towel
- Ride and Splash - Please bring the following items in addition to the list above
    - Swimsuit
    - Extra watershoes (Crocs and sandals allowed)
    - Small towel
- All Things Bike and Dirt - Please bring the following items in addition to the list above
    - Kneepads and gloves (Recommended)

Bike Requirements

We encourage all campers to bring and ride their own bike at camp. If a camper's bike does not meet the following minimum specifications, we will loan them an appropriate bike for the week at no additional cost.

- Appropriate size for their height
- Front and rear hand brakes (no coaster brakes for back pedal style breaks)
- Grades 1 and 2 - Single Speed or Geared Bike
- Grades 3 through 6 - Geared Bike Only
- Tires in good condition and properly inflated
- No e-bikes
- No strider bikes